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MILK

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UNDER THE DIRECTION OF THE WAR COMMITTEE

URBANA

Use more milk; it is an important factor of safety in the diet

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MILK

VALUE OF MILK AS FOOD

It is not always easy to give the family just the proteins and minerals and fatty foods that they must have to maintain perfect health. Milk contains them all. It is the most valuable of all foods.

No proteins are better for growth than milk proteins.

No other food contains so nearly perfect a balance of minerals for building bones and tissues.

Milk contains both types of the essential accessory substances without which health and even life is impossible. One of these is associated with milk fat.

Other foods contain these substances but few single foods contain them all in so useful a form.

As a source of protein, 1 quart of milk is equal to 7 ounces of sirloin steak or 4.3 eggs. At 15 cents a quart, milk is as cheap a source of protein as sirloin steak at 35 cents a pound.

HOW TO USE IT

Get whole milk. Use every drop of it. Plan to use it before it sours unless you can take time to make use of every bit of it afterward.

Give the children whole milk to drink. It is a good scheme to plan the children's meals around milk as the chief food, giving each one quart a day, adding especially cereals, and, to supply the iron which is present in too small amount, egg yolk, green vegetables, spinach, carrots, and peas. Other vegetables and fruits are valuable to keep the digestive system in good condition as well as for additional food.

Grown-ups should each have a pint of milk a day. They may divide theirs if they wish, having cream for coffee, cereal, or dessert, and skimmed milk in cooked dishes.

CARE OF MILK

See that your milk comes to you clean and keep it clean. Visit the dairy now and then.

Keep milk cold until you are ready to use it. It nourishes bacteria as well as human beings, and if it is warm, bacteria multiply rapidly in it.

When clean fresh milk is not available, use condensed or dessicated milk. The unsweetened varieties are better for children.

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SKIMMED MILK AND BUTTER

Skimmed (separated) milk has about half the food value of whole milk. It is a valuable source of minerals and of protein.

Adults may take their pint a day in this form if they eat butter or fat from meat and eggs or oleomargarine made from beef fat. If the fat in the diet is chiefly nut butter, lard, or vegetable oil, whole milk is advisable.

Butter is not indispensable. If you cannot afford it or the government for a time should need all there is, no one who has milk will suffer. On the other hand, if you prefer butter and can afford it, eat it when the Food Administration does not ask you to save it.

COTTAGE CHEESE[1]

Cottage cheese is richer in protein than most meats and is very much cheaper. Every pound contains more than three ounces of protein, the source of nitrogen for body building. It is a valuable source of energy also, tho not so high as foods with more fat. It follows that its value in this respect can be greatly increased by serving it with cream.

Cottage cheese alone is an appetizing and nutritious dish. It may also be served with sweet or sour cream, and some people add a little sugar, or chives, chopped onion, or caraway seed.

The following recipes illustrate a number of ways in which cottage cheese may be served:

Cottage Cheese With Preserves and Jellies

Pour over cottage cheese any fruit preserves, such as strawberries, figs, or cherries. Serve with bread or crackers. If preferred, cottage cheese balls may be served separately and eaten with the preserves. A very attractive dish may be made by dropping a bit of jelly into a nest of the cottage cheese.

Cottage Cheese Salad

Mix thoroly one pound of cheese, one and one-half tablespoons cream, one tablespoon chopped parsley, and salt to taste. First, fill a rectangular tin mold with cold water to chill and wet the surface; line the bottom with waxed paper, then pack in three layers of the cheese, putting two or three parallel strips of pimiento, fresh or canned, between the layers. Cover with waxed paper and set in a cool place until ready to serve; then run a knife around the sides and invert the mold. Cut in slices and serve on lettuce leaves with French dressing and wafers or thin bread-and-butter sandwiches. Minced olives may be used instead of the parsley, and chopped nuts also may be added.

Cottage Cheese Rolls

(To be used like meat rolls)

A large variety of rolls, suitable for serving as the main dish at dinner, may be made by combining legumes (beans of various kinds, cowpeas, lentils, or peas) with cottage cheese, and adding bread crumbs to make the mixture thick enough to form a roll. Beans are usually mashed, but peas or small Lima beans may be combined whole with bread crumbs and cottage cheese, and enough of the liquor in which the vegetables have been cooked should be added to get the right consistency; or, instead of beans or peas, chopped spinach, beet tops, or head lettuce may be added.

[1]From Dairy Division, Bureau of Animal Industry, United States Department of Agriculture.

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Cheese Roast

2 cups kidney or Lima beans
1 cup cottage cheese
Bread crumbs
Salt

Mash the beans or put them thru a meat grinder. Add the cheese and enough bread crumbs to make the mixture sufficiently stiff to be formed into a roll. Bake in a moderate oven, basting occasionally with butter or other fat, and water. Serve with tomato sauce. This dish may be flavored with chopped onions, cooked until tender in butter or other fat and a very little water, or chopped pimientos may be added.

Cottage Cheese and Nut Roast

1 cup cottage cheese
1 cup chopped English walnuts
1 cup bread crumbs
2 tablespoons chopped onion
1 tablespoon butter
Juice of a half lemon
Salt and pepper

Cook the onion in the butter or other fat and a little water until tender. Mix the other ingredients and moisten with the water in which the onion has been cooked. Pour into a shallow baking dish and brown in the oven.

Cheese Sauce

(For use with eggs, milk toast, or other dishes)

1 cup milk
1 tablespoon cottage cheese
2 tablespoons flour
Salt and pepper

Thicken the milk with the flour and just before serving add the cheese, stirring until it is melted.

This sauce may be used in preparing creamed eggs or for ordinary milk toast. The quantity of cheese in the recipe may be increased, making a sauce suitable for using with macaroni or rice.

WHEY

If you make your cheese and throw away the whey, you waste more than one-fourth the total food value of the milk.

Whey Lemonade[1]

4 cups whey
6 tablespoons sugar
Juice of 2 lemons
Slices of lemon, or a little grated or diced rind, nutmeg, or cinnamon

Whey Honey[1]

1 cup whey
⅓ cup sugar or
⅓ cup corn sirup

Mix whey and sugar and boil the mixture till it is of the consistency of strained honey. This sirup will keep indefinitely, if properly bottled, and is delicious for spreading on waffles or pancakes. Used a little thinner, it makes an excellent pudding sauce. Since it requires no thickening, it is the easiest possible sauce to make.

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[1]From Circular 109, United States Department of Agriculture.

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